

Cooking for HEALTH

Cooking techniques that promote the flavor of the food and health

**Brought to you by: Pat Sparks, Ph.D., University of Arizona
Owner of:**

Mon Ami Bed and Breakfast at 5902 East 9th Street, Tucson, AZ 85711

Phone: (520) 444-0807

Web address: monamibandb.com

Call for reservations or for information or consult the web page.

Terminology/Cooking Methods

Bake – caramelizes natural sugars in fruits and vegetables; no need to add sugar, fat or salt; also good for meat fish and poultry; allows fats to drain and by adjusting the temperature one can affect the tenderness

Broil – will caramelize sugars, but need to be careful not to go too far. Cooks meat fish and poultry in a fairly short amount of time

Grill – can add flavor by grilling over wood chips or over charcoal. Be careful not to let the food overcook over an open fire.

Poach – cooking in liquid – preferably seasoned with herbs, spices, natural juices – over low heat so the product cooks slowly maintaining its moistness and integrity

Steam – most frequently used for vegetables; helps them maintain their texture, flavor and nutrients

Wrap – seafood and poultry can be cooked this way along with other ingredients to enhance the flavor and to maintain the moistness and tenderness. Fish wrapped with herbs and fruit/or vegetables is a great way to provide a healthy meal.

Cooking Equipment that helps enhance healthy cooking

Heavy-bottomed nonstick coated pan

Rubber spatulas rated for high heat

Countertop grills and griddles

Steamers

Recipes

Crepes

½ cup milk (skim, lowfat, soy)

2 eggs or ½ cup egg substitute

½ cup flour (all purpose, whole wheat, corn or ¼ cup of two)

1/8 tsp salt

Blend milk and eggs, add flour and blend until smooth. Let batter stand for at least 1 hour or overnight in the refrigerator.

Preheat 6-inch skillet. Spray with nonstick coating. Pour 1 fluid ounce (2 tablespoons) batter in pan and swirl pan so batter coats bottom evenly. (The easiest way to do this is to invest in a 1-oz ladle.)

Crepe Fillings:

Dessert Crepes

Fresh fruit – 2 ½ to 3 cups sliced strawberries, blueberries, sliced peaches, raspberries, or your favorite fruit

Blend fruit with 1 cup vanilla yogurt.

Place about ¼ to 1/3 cup fruit mixture down center of each crepe wrap sides over fruit.

Serve with a dollop more of yogurt and a sprinkle of chopped nuts and/or flax seed.

Almonds are high in fiber; walnuts have omega 3 fatty acids

Frozen fruit filling – Poach 1 cup frozen fruit in ½ cup fruit juice; for example poach blueberries in blueberry juice OR you can poach any fruit in apple juice including apples, fresh or frozen. If you like season with a little cinnamon, nutmeg and/or ginger. Once the juice and fruit have formed a syrup, add another 2 cups of the frozen fruit and heat just until the mixture is hot. Remove from heat.

You can make the crepes in rolls or triangles. If you do rolls, spoon the fruit down the center and fold the two sides over the filling. Top with a dollop of yogurt and a sprinkle of nuts or seeds. For triangles, spoon the filling on one side of the crepe. Fold the other side over the filling to make a semi circle. Then fold in half again.

Entrée crepes

Asparagus

Place a slice of lean ham (could be turkey) on top of crepe. Top with a half slice of provolone cheese place 2-3 asparagus spears down center of the crepe. Fold both sides over and turn crepe so folded sides are down. (Preparation can be done ahead to this point, and crepes refrigerated, covered, until ready to serve.) Bake, covered, in a preheated 350EF oven 15 to 25 minutes. Serve with “sautéed” mushrooms. To sauté mushrooms, clean and slice 2-3 cups and cook in skillet with a little olive oil, 1-2 tsps and 1-2 cloves garlic, minced. Add a little white wine or chicken stock and continue cooking until tender, but still have a bit of liquid remaining.

Alternatively, you could fill the crepe with lean ham and spinach that has been slightly cooked. (Sweated is the term frequently used. The spinach is wilted but still very green.) Top with mushrooms.

Healthy Omelets

Either use egg substitute, (I prefer using egg whites, which don't have the coloring) or mix one whole egg with the equivalent of two egg whites. You still get the color and yolk flavor but much less cholesterol and saturated fat. Mix well with a wire whisk, pour into preheated 6-inch skillet. Omelet can be filled with your favorite vegetables. Some suggestions are sautéed bell peppers, onions, and mushrooms; steamed broccoli, spinach or zucchini.